

HIP RESURFACING



WHAT IS HIP RESURFACING?

Hip resurfacing is a new treatment for relieving arthritis pain. Unlike total hip replacement, which completely replaces a patient's hip, hip resurfacing replaces only the surfaces of a patient's bone structure with highly wear-resistant metal. Candidates for this procedure include patients under age 60 or more active adults over age 60, depending on their bone quality.

WHO IS A CANDIDATE FOR HIP RESURFACING?

- Adults under the age of 60 – when total hip replacement may not be appropriate because of an increased level of physical activity
- Active adults over the age of 60 – depending on bone quality

IS IT MINIMALLY INVASIVE?

- No – there is an incision that is six to eight inches in length.
- Yes – the body's natural bone structure is preserved; it is resurfaced rather than replaced.

THE KEY BENEFITS

- Head size – The size of the resurfaced femoral head is larger than that of a hip replacement, which more closely matches the size of the natural femoral head. This leaves patients with a greater range of motion than total hip replacement and a reduced chance of dislocation after surgery, which is one of the leading causes of revision surgery.
- The advanced metal-on-metal implant surface reduces joint wear, unlike the plastic liner with most total hip replacements.
- The patient's natural bone structure is preserved.

AFTER SURGERY

After a hip resurfacing procedure, patients undergo a rehabilitation program similar to that of total hip replacement patients. During the first year following the procedure, patients are permitted to do low-impact activity (swimming, walking and bicycling) as their bones and muscles adjust to the new stresses. After year one, patients may be able to participate in higher impact physical activity such as singles tennis and jogging.

If you think you or someone you know may be a candidate for this procedure, talk to your primary care physician about a referral to a Saint Vincent orthopedic surgeon.

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